

6. (Twice Amended) The device of claim 46, wherein an angle formed between a plane of a bottom surface of the runner and a line extending between a lower edge of the runner and a lateral edge of the deck is between 30 and 70 degrees.

B2 7. (Twice Amended) The device of claim 46, wherein the upper surface of the deck is arranged for a gripping surface.

8. (Twice Amended) The device of claim 46, further comprising a foam material secured to at least one portion of the upper surface of the deck.

10. (Twice Amended) The device of claim 46, comprising first and second spacers, wherein the first spacer is positioned nearer the first upturned end of the runner and a second spacer is positioned nearer a second upturned end of the runner, wherein the runner has an overall length and the first and second spacers are separated longitudinally by a distance equal to approximately zero to three-fifths the overall length of the runner.

B3 11. (Twice Amended) The device of claim 46, comprising two spacers, wherein the two spacers are longitudinally separated from each other and attach the runner and the deck together, and a portion of the runner between the spacers is free to flex relative to the deck.

12. (Twice Amended) The device of claim 46, wherein the first and second upturned ends of the runner are free to move relative to the deck.

B4 16. (Twice Amended) The device of claim 46, wherein the runner has a width that is approximately 0.4 to 0.8 times a width of the deck, and the deck has a width between 7 and 15 inches.

B5 22. (Twice Amended) The device of claim 46, wherein at least one of the deck and the runner are directly secured to the spacer.